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WAITING FOR FREEDOM

A young boy from Shoal Lake 40 First Nation sits on a bridge over a channel in the community. Federal Liberal Leader Justin Trudeau has promised them "Freedom Road" if he's elected. Story, [metroNEWS](#). JOHN WOODS/THE CANADIAN PRESS

Trustee in line of fire

EDUCATION

Review unfair to whistleblower: School division board chairman

 **Shane Gibson**
Metro | Winnipeg

The chairman of the Winnipeg School Division board says a scathing review into the governance of the city's largest division unfairly singles out the trustee whose whistleblowing led to the report being ordered in the first place.

The 106-page report made public on Tuesday makes 22 recommendations and gives the board until the end of the year to implement them or risk being dissolved by the province.

The review includes an entire section on the conduct of trustee

Mike Babinsky, whose complaints led the education minister to call for the review last December.

Over four pages the report's author, John Wiens, accuses Babinsky of several infractions ranging from swearing at board members during meetings to being in a conflict of interest by not recusing himself while the board discussed grievances of a union that backed his re-election bid.

While he agreed with most of the recommendations, chairman Mark Wasyliw questioned Wien's treatment of Babinsky, saying the report relied on "gossip and innuendo."

Babinsky said he'll work to fix much of what he was criticized about, but he stressed he hopes the section on him doesn't detract from the systemic changes recommended in the report.

"I don't want to knock this report down," he said. "I got beat up ... but I'm glad that it's out because it exposes quite a bit." [More on the review in metroNEWS](#)

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IN BRIEF

Browaty pushes free nighttime parking plan

One city councillor thinks parking downtown should be free in the evenings, but for no more than two hours.

While council approved charging \$2 an hour at parking spots in Winnipeg's downtown around the MTS Centre from 5:30 p.m. until 8:30 p.m. in 2012, the plan has not been implemented.

At city hall on Tuesday, Coun. Jeff Browaty moved a motion that would see the city still offer free parking in the evenings, but with a two-hour time limit between 5:30 p.m. and 10 p.m.

"On-street parking is supposed to be high turnover," said Browaty. "We are tracking cars on the streets in the evening and they are parking for hours and hours on end."

The time limit would be about turnover and not about revenue, said Browaty. "People coming for dinner and people coming to shop in our downtown are finding that they can't find spaces on the street."

People working downtown in the evenings are often using on-street parking like a free parking lot, according to Browaty.

"It does, however, mean that some of the people that work downtown in the evenings may have to make other arrangements, whether they take the bus downtown or if they go off-street into pay parking lots."

The motion still needs council approval.

DAVE BAXTER/METRO

School board found to lack transparency

WINNIPEG SCHOOL DIVISION

Review sends message of shape up or ship out



Shane Gibson
Metro | Winnipeg

A review into the governance of the Winnipeg School Division released Tuesday gives the division's board until the end of the year to fix issues of transparency and accountability it calls "embarrassing, shameful, and reckless."

The damning review by University of Manitoba education professor John Wiens calls on trustees to work out divisions between individual trustees, small and sometimes temporary alliances set up between trustees, between the board and senior administration, and between senior administration by Dec. 31 or face being upended and replaced by an official trustee under

the Public Schools Act.

"It remains to be seen if the recommendations I make can help reduce or eliminate some of the current tensions and dysfunctions," writes Wiens. "As things stand now, it will take an extraordinary collective effort involving a combination of good will, compromise, reconciliation and resolve."

The report makes 22 recommendations that include making sure all decisions requiring action be introduced in open session at the earliest opportunity, making sure audio or video recordings are made at all board meetings, and that the board revisits its budget and audit processes.

Board chairman Mark Wasyluk said many of the recommendations are already being implemented, but others, like one requiring all trustees to file a monthly report into their activities including everyone they've met with, he called unrealistic.

"Some of the recommendations haven't been well thought out," he said, adding he's met with Education Min-



Education Minister James Allum said Winnipeg's school board should act immediately on recommendations made in a review of the division's governance. SHANE GIBSON/METRO

ister James Allum to discuss the board's concerns with the report. "The minister seemed to indicate he'd be flexible about (the recommendations) and would implement them on a reasonable basis."

Allum told media Tuesday he expects the division will act quickly on the recommendations and is confident he

won't have to end up dissolving the board.

The minister also appointed director of education administration services David Yeo to help the board work towards the objectives and announced changes that expand whistleblower protection to school division employees across the province.

SHOAL LAKE 40 FIRST NATION

Tories shirking duty: Trudeau

Liberal Leader Justin Trudeau says the federal government has "abandoned its responsibility" to a First Nation cut off from the outside world and living under one of the longest boil-water advisories in Canada.

Shoal Lake 40 First Nation, which straddles the Ontario-Manitoba boundary, was carved from the mainland to build an aqueduct to send fresh water to Winnipeg at the turn of the last century.

It has no all-weather road and has been without clean water for 17 years.

Trudeau called the situation "inexcusable" in a statement. If elected in the fall, a Liberal government would fund the road project, he said. "Shoal Lake 40 First Nation has been cut off from the rest of Canada, with inadequate access to the most basic necessities," he said.

"The situation requires an urgent response, yet for years the federal government has abandoned its responsibility to the First Nation."

Both the City of Winnipeg and the Manitoba government have offered to share the cost of building a road, but Ottawa has refused to commit.

Residents were left in tears last month when Natural Resources Minister Greg Rickford, the MP for the area, refused to agree in principle to partially fund construction. THE CANADIAN PRESS

It will take an extraordinary collective effort involving a combination of good will, compromise, reconciliation and resolve. Prof. John Wiens

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Short-lived peace for Amsel

LETTER BOMBS

Accused in case dropped suit against ex-wife in March

On the surface, the man accused of sending letter bombs to two Winnipeg law firms and his ex-wife appeared to be putting his legal troubles behind him in recent months.

Court documents obtained Tuesday show Guido Amsel stopped fighting a lawsuit filed by his ex-wife over \$40,000 and agreed to pay her by auctioning off equipment in a sale slated for Saturday.

Instead, the auction has been postponed and Amsel stands accused by police of seeking violent retribution against his former spouse and lawyers involved with the case.

The 49-year-old was charged Sunday with attempted murder and other offences after small voice recorders packed with an explosive compound were sent to his ex-wife Iris Amsel's workplace as well as two law firms.

Guido Amsel has not entered a



A Winnipeg police officer stands outside City Hall Monday after a false alarm for a suspicious package. SHANE GIBSON/METRO WINNIPEG

plea to the charges and remains in custody pending another court date Thursday.

The first bomb exploded last Friday, causing severe injuries to Maria Mitousis, the 38-year-old lawyer who represented Iris Amsel in the couple's lengthy divorce and in a lawsuit in which

she claimed her former husband owed \$40,000 from an auto body shop they had jointly run while married. The second bomb was found Saturday at an auto repair shop where Iris Amsel works, and was detonated by police. The third bomb was found at a law office where Sarah Mc-

Eachern used to work and safely detonated by police. McEachern represented Guido Amsel in the lawsuit filed by his wife, but withdrew as his lawyer last September.

The court documents show McEachern cited "a breakdown of the relationship between the

law firm Orle Bargen Davidson LLP and Mr. Amsel" when she quit the case. Guido Amsel then represented himself.

The Amsels' divorce proceedings started in 2004 and has dragged on for more than a decade. Even after the couple's relationship was formally severed, Guido Amsel accused his wife of siphoning more than \$3 million from the auto body business. He had taken full control of it after the divorce, and said he discovered questionable financial transactions.

In 2010, Iris Amsel sued Guido Amsel for money she felt she was still owed from their joint business. Guido Amsel denied he owed her the money and countersued.

The case dragged on for years and Guido Amsel changed lawyers twice.

The acrimony appeared to end in a pre-trial conference on March 30 of this year. A memorandum from the meeting says Guido Amsel agreed that he owed his ex-wife the \$40,000 plus interest, dropped his countersuit, and agreed to sell off vehicles and equipment to get the money.

THE CANADIAN PRESS

IN BRIEF

Accused bomber deserves full defence: Law society

Any lawyer who represents Guido Amsel will have to separate fear and other emotions from their responsibilities to defend the accused Winnipeg bomber.

"Lawyers believe in the justice system and believe that everybody is entitled to a full defence, and everyone is entitled to adequate representation," said Law Society of Manitoba director of regulations Leah Kosokowsky. "So as difficult as this situation is and how personal it is, we have excellent criminal defence counsel here that can separate that because they believe in the system of law."

Police allege 49-year-old Amsel sent explosive de-

vices to one of his former lawyers, his ex-wife, and to lawyer Maria Mitousis, who represented his ex-wife during her divorce from Amsel. Kosokowsky. Many in both the law enforcement and legal professions in Manitoba are in shock from the Friday bombing, as assaults and threats to lawyers' safety in Manitoba are rare.

DAVE BAXTER/METRO

IN BRIEF

Ombudsman to examine flood-fighting controversy

Manitoba's ombudsman has agreed to look into a controversy surrounding flood-fighting equipment for First Nations. Charlene Paquin says she aims to ensure proper procedures were followed in the decision to help flood-prone reserves get water-filled tubes, known as Tiger Dams. The government issued a tender last December for \$5 million worth of the equipment to help First Nations in the Interlake region.

An anonymous whistle-

blower complaint alleged Infrastructure Minister Steve Ashton tried to have the contract not put up for open bidding, and instead awarded it to a company whose owner had contributed to Ashton's 2009 leadership campaign. Premier Greg Selinger has said the matter was discussed by cabinet and he directed that the contract be up for open bidding, which it was.

THE CANADIAN PRESS

Charter challenge by terrorism suspect delayed

A charter challenge by a Win-

nipeg man suspected of planning terrorist activities has been delayed. Aaron Driver, who is 23, is not accused of any crime, but federal authorities are trying to limit his activities on suspicion that he might help or engage in terrorist activities. The matter was put over to July 20, when a date may be set for the challenge.

Driver is out on bail, provided he stay in Winnipeg, possess no computers, own no objects with Islamic State logos or slogans and avoid social media.

THE CANADIAN PRESS

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Chainsaw trainers sought for prisons

PRAIRIES

Program intended to help inmates find work

Inmates at 11 prisons across the Prairies are in line for chainsaw safety training to help prepare them for future employment once they are released.

Between 110 and 220 inmates could be part of the 22 training sessions that Correctional Service Canada plans to pay for in the coming years at four prisons in Alberta, four more in Saskatchewan and three in Manitoba.

Each session will have between five and 10 inmates participating in training sessions set to start in 2017.

Bid documents posted online earlier this month show that the cost to provide the three-day training sessions

should be no more than \$108,800.

The winning bidder will have to supply chainsaws, cutting stands, logs, files, oil, gas, chains, and safety equipment to the inmates who take the course at medium and minimum security prisons, three Aboriginal healing lodges — including one for women — and the regional psychiatric centre in Saskatoon.

Only two prisons up for training sessions have maximum security wings: Stony Mountain Institution in Manitoba, and Saskatchewan Penitentiary in Prince Albert, Sask.

The documents also come with a warning to potential bidders: "Participants may exhibit difficult or resistant behaviour."

A spokeswoman for CSC said any inmate who lands in one of the courses has to be "screened for their suitability" and will be supervised.

Melissa Hart says prisons

“
Participants may exhibit difficult or resistant behaviour.
Text on the bid document

in other parts of the country also provide similar training to inmates, part of the department's mandate to "facilitate inmates' re-entry into the workforce following their release."

Hart said training is targeted at work in the trades, such as carpentry and cabinet making, and said "many offenders" have landed jobs because of their training and demand for trades workers.

A study that Corrections commissioned five years ago concluded that inmates who find work are less likely to reoffend.

THE CANADIAN PRESS



25TH ANNIVERSARY OKA CRISIS STILL RESONATING Kanesatake Grand Chief Serge Simon stands in the Pines near the scene of the police raid 25 years ago that started the Oka Crisis, in Kanesatake, Que. This Saturday will mark the 25th anniversary of the start of the Oka Crisis that grabbed international headlines, with armed Mohawks and Canadian soldiers involved in a lengthy standoff that often appeared on the verge of exploding into full-blown combat. Native activists, artists and professors say while it's difficult to draw direct links, the Oka uprising in 1990 inspired First Nations movements across the country such as the Idle No More protests in 2012 and the ever-increasing calls for a federal inquiry into missing and murdered aboriginal women. RYAN REMIORS/THE CANADIAN PRESS

ANTI-CORRUPTION

Death of suspected fraudster Arthur Porter confirmed

Quebec's anti-corruption unit has confirmed the death of suspected fraudster Arthur Porter.

The unit said in a statement today that visual identification of the body in Panama was sufficient evidence to confirm the death.

DNA tests and fingerprint analysis were also conducted as a precaution.

News that the 59-year-old Porter had died last week was treated with heavy skepticism by authorities in the province where he faced fraud charges.

Quebec sent two investigators to Panama last Friday to gather evidence that would prove he had died.

Robert Lafreniere, head of the anti-corruption unit, says the fraud charges against Porter related to a superhospital project in Montreal will be dropped.

Porter's biographer, doctor and relatives said last week he succumbed to cancer in Panama, where he'd been detained since May 2013 on a Canadian arrest warrant.

Investigators from Quebec's

anti-corruption unit were granted entry to the morgue in Panama City on Monday afternoon.

The alleged \$22.5-million fraud has been described by one Quebec provincial police investigator as one of the largest corruption cases in Canadian history.

Porter was the former head of Montreal's McGill University Health Centre and was also once appointed head of Canada's spy watchdog agency by Prime Minister Stephen Harper. THE CANADIAN PRESS

ALBERTA

Man arrested after backhoe pursuit on major highway

A 27-year-old former Alberta man faces seven charges following an early-morning low-speed pursuit in New Brunswick involving a backhoe.

Thomas Therrien Chiasson, of no fixed address, was arrested Tuesday morning.

RCMP Const. Derek Black says police were called around 3:40 a.m. about a backhoe on the Trans-Canada Highway west of Fredericton that was impeding traffic and didn't have any lights on.

Black says the driver was travelling about 10 kilometres per hour, but didn't stop until police used a spikebelt.

Police say alcohol is believed to have been a factor.

Chiasson is charged with evading police officers, impaired driving, refusing a breathalyzer demand, possession of stolen property over \$5,000, mischief over \$5,000, dangerous driving, and breach of a condition imposed by a court in British Columbia.

He has been remanded until a bail hearing Wednesday in Fredericton.

Black says the backhoe damaged some asphalt and a number of guardrails over a distance of about 15 kilometres.

Ross Mathers, general manager of Maritime Road Development Corp., the private company that maintains that section of highway, says there is damage in about 10 locations. Damage is estimated at about \$15,000. THE CANADIAN PRESS

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Police, FBI raid home of Subway's public face

INDIANA

Authorities mum on reasons for investigation

FBI agents and Indiana State Police raided the home of Subway restaurant spokesman Jared Fogle on Tuesday, removing electronics from the property and searching the house with a police dog, two months after Russell Taylor, the then-executive director of Fogle's foundation, was arrested on child pornography charges.

FBI agent Wendy Osborne said the agency was conducting an investigation in Zionsville, an affluent Indianapolis suburb, but wouldn't say whether it involved Fogle or describe the nature of the investigation.

Subway said in a statement that it is "very concerned" about the raid, which it believes "is related to a prior investigation" of a former employee of the Jared Foundation, an organization founded by Fogle to raise awareness about childhood obesity.



Subway restaurant spokesman Jared Fogle walks to a waiting car as he leaves his home Tuesday in Zionsville, Ind. MICHAEL CONROY/THE ASSOCIATED PRESS

BACKGROUND

Claim to fame

Jared Fogle, 37, became the Subway restaurant chain's pitchman after shedding 245 pounds more than 15 years ago, in part by regularly eating Subway sandwiches. Subway began featuring Fogle in commercials soon after, and his story was instrumental in giving the sandwich chain an image as a healthy place to eat.

THE ASSOCIATED PRESS

Subway did not immediately say whether that employee was former foundation executive director Russell Taylor.

The company had removed references to Fogle from its website by late afternoon and issued another statement, saying the two "have mutually agreed to suspend their relationship due to the current investigation."

"Jared continues to co-operate with authorities and he expects no actions to be forthcoming," the company said. "Both Jared and Subway agree that this was the appropriate step to take."

Federal prosecutors in May



Jared continues to co-operate with authorities and he expects no actions to be forthcoming

Subway statement

filed a criminal complaint charging Taylor, 43, with seven counts of production of child pornography and one count of possession of child pornography. Fogle issued a statement after the charges were filed saying he was shocked by the allegations and was severing all ties with Taylor.

The Indianapolis Star photographed Fogle stepping out of a police evidence van parked outside his home Tuesday morning, and he left the house just after noon with attorney Ron Elberger. Fogle declined to comment, but Elberger later released a statement saying his client is co-operating with authorities.

"Jared has been co-operating, and continues to co-operate, with law enforcement in their investigation of unspecified charges, and looks forward to its conclusion," Elberger said.

During a search of Taylor's

home this spring, federal investigators say they discovered a cache of sexually explicit photos and videos Taylor allegedly produced by secretly filming minor children at the home. They said they also allegedly found more than 400 videos of child pornography on computers and storage media recovered from Taylor's home office in his Indianapolis residence.

Taylor's attorney, Brad Banks, said Tuesday his client was briefly hospitalized after the allegations surfaced but is now in federal custody. Sheriff's officials have said Taylor tried to take his own life in jail.

"The only thing I can say is that I'm aware that there's an ongoing investigation," Banks said.

Tim Harty, a spokesman for the U.S. attorney's office in Indianapolis, said prosecutors "are moving forward" with the case against Taylor. He declined to comment on Tuesday's raid at Fogle's home.

Neighbours said Fogle and his wife entertained frequently and would say hello but that they didn't see the couple outside a lot.

Jacob Schrader, 19, who lives across from Fogle's house, said the pitchman seems "like a pretty private guy" and that he'd only seen him about a dozen times in the last five or six years.

"He's like an endangered species or something like that," Schrader said.

Subway, which is based in Milford, Conn., and is privately held, has struggled in recent years. Last year, industry tracker Technomic said average sales for Subway stores in the U.S. declined three per cent from the previous year. The company has about 44,000 locations around the world.

THE ASSOCIATED PRESS

GREECE NEGOTIATIONS

Eurozone mood gloomy

Eurozone leaders met the beaming smile of Prime Minister Alexis Tsipras with anger and frustration Tuesday when it became clear the Greek leader came to their summit without a fresh written proposal on how to save his country from financial ruin.

With Greece's banks just days away from a potential collapse that could drag the country out of the euro, Tsipras had been expected to offer up economic reforms in exchange for loans.

Instead he came with only vague proposals and a commitment to back it up with real figures and a written plan on Wednesday.

Tsipras came buoyed by a triumph in Sunday's referendum, where an overwhelming majority of Greeks backed his call to reject the belt-tightening reforms that creditors had last proposed.

But that domestic victory did not appear to give him much leverage in talks with foreign creditors, who know Tsipras needs a deal soon to keep his country afloat. Banks have been shut since last week and will not reopen before Thursday, cash withdrawals have been limited for just as long, and daily business throughout the country has come to a near standstill.

So it was with surprise and anger that European leaders learned Tsipras did not yet have a written proposal for new rescue aid.

"I'm extremely sombre about this summit. I'm also sombre about the question of whether Greece really wants to come up with proposals, with a solution," Dutch Prime Minister Mark Rutte said.

THE ASSOCIATED PRESS

SOUTH CAROLINA

Senate votes 36-3 to bring down flag

The South Carolina Senate gave final approval Tuesday to a bill removing the Confederate flag from a pole in front of the Statehouse, sending the proposal to the House, where it faces a less certain future.

Tuesday's 36-3 vote came after a day of debate in which several white senators said they had come to understand why their black colleagues felt the flag no longer represented the value of Southern soldiers but the racism that led the South to

separate from the United States more than 150 years ago. Senators then stood as Pinckney's widow came in the chamber. Each member came up to talk to her and offer condolences.

Debate in the House was scheduled to begin Wednesday, and it's far from clear when a vote may be taken. Republicans have struggled to reach a consensus on what to do next.

Democrats, meanwhile, say both the flag and flagpole must go.

IN BRIEF

Selfies risk to your health, warn Russian police

Alarmed by the number of Russians who have been killed while taking photos of themselves, Russian police have started a new campaign called "Safe Selfies."

The instructions issued Tuesday warn against standing on railroad tracks, climbing onto roofs or posing with a gun or a tiger.

Police say at least 10 Russians have been killed and 100 injured while taking selfies this year.

THE ASSOCIATED PRESS

BILL COSBY

Accusers feeling vindicated following drug disclosure

Bill Cosby's accusers see his admission of obtaining Quaaludes to give young women before sex as vindication of their claims that he drugged and sexually assaulted them.

Cosby admitted that he gave Quaaludes, a now-banned sedative, to a 19-year-old woman before they had sex in Las Vegas in the 1970s. He also admitted giving the powerful drug to unnamed others.

His lawyer interfered before he could answer deposi-

tion questions in 2005 about how many women were given drugs and whether they knew about it.

"I never thought I would be validated or vindicated in this," said Joan Tarshis, of Woodstock, N.Y., who accused Cosby of drugging and attacking her when she was breaking into comedy writing in 1969. "I mean, it's turned my life around 180 because now all the people that haven't believed me or us have come

out, most of them, and said, 'We were wrong.'

The Associated Press had gone to court to compel the release of a deposition in a 2005 sexual abuse lawsuit filed by former Temple University basketball team employee Andrea Constand — the first of a cascade of lawsuits against Cosby that have severely damaged his image as doting TV dad Dr. Cliff Huxtable on The Cosby Show.

THE ASSOCIATED PRESS

Breast milk demand high

U.S. HEALTH

States consider legislation, firms battle for industry control

It could trade for 400 times more than the price of crude oil and 2,000 times more than iron ore. If sold off the shelf, it could cost more than 150 times the price of a gallon of cow's milk and 15 times more than coffee.

Going for as much as \$4 an ounce, breast milk is a hot commodity that is emerging as a surprisingly cutthroat industry, one that U.S. states are seeking to regulate amid a battle for control between non-profit and for-profit banks that supply hospital neonatal units.

The debate among the for-profit and non-profit organizations can be sharp-elbowed. It centres on whose processes result in the safest milk for premature babies in neonatal intensive care units, which need the milk if a mother has difficulty producing enough or the child has trouble latching. Each side claims the moral high ground, with non-profits



Rachel Palencik holds a container of her frozen breast milk. Palencik recently tried to sell her milk and wants to be sure it goes to one of 4,000 mothers who rely on 15 non-profit milk banks setup across the U.S. However, the entry of for-profit milk banks have created tension between the industry and state lawmakers as they begin to impose industry regulations.

MATT ROURKE/THE ASSOCIATED PRESS

generally saying milk distribution should be altruistic while for-profit companies argue mothers deserve to be compensated.

In the United States, there are two for-profit companies and soon to be three, and one non-profit that oversees 15 milk

banks in the U.S. in addition to three in Canada. Ten non-profit banks are in development. Against this backdrop, lawmakers in New Jersey and Michigan are considering legislation to license banks, while legislators in California, Mary-

land, New York and Texas already have regulations.

Rachel Palencik, of West Chester, Pa., said her breast milk was taking up space in her freezer, so she tried to donate it to a bank but didn't have enough. So she tried to sell it — and wouldn't

try it again.

"A lot of it was either scammers or men wanting to consume it, which isn't my cup of tea," she said.

There's broad agreement in the milk-banking industry of a shortage of human milk available for hospitals and NICUs. The non-profit Human Milk Banking Association of North America estimates that there are 4,000 moms using its banks across the U.S. and it would take 60,000 to meet hospitals' demand for milk.

There is also a largely shared view that it's important for donor milk to be thoroughly screened for bacteria, drugs and adulteration by cow's milk.

The non-profits say they respect the right of moms to sell their milk because it is theirs, but they question the profit motives of companies like Medolac, Prolacta and the soon-to-be-operational International Milk Bank.

The for-profit companies offer moms the chance to earn \$1 an ounce to \$2.50 an ounce for their milk. In turn, hospitals can pay as little as \$4. The companies say mothers have a right to earn money for their milk and their model can end the shortage. THE ASSOCIATED PRESS

IN BRIEF

HSBC fires six employees for ISIL-inspired exercise

HSBC has fired six employees who staged a mock group-style killing during a team-building exercise in the vein of those committed by the Islamic State of Iraq and the Levant (ISIL).

The Sun newspaper reported Tuesday the footage posted online showed five workers wearing overalls and balaclavas laughing as a South Asian colleague wearing an orange jumpsuit knelt at their feet.

HSBC says it fired those involved as soon as the video was brought to their attention. THE ASSOCIATED PRESS

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ENTERTAINMENT

Cineplex reduces drink sizes at theatres, prices unchanged



**Jessica
Smith Cross**
Metro | Toronto

The Cineplex chain of theatres is reducing the size of its regular and large drinks, but not its prices.

"We've reduced the size of a large drink from 44 ounces to 32 ounces, and a regular drink from 32 to 24 ounces, and all other sizes remain the same," said Cineplex spokesman Michael Langdon. "The prices are the same."

He said the change was made because Cineplex believes people prefer smaller drinks.

"That's something that's true across the industry. If you look at

our 44-ounce drink, for example, after a movie you'll see a lot of them left unfinished."

The theatres piloted the change in B.C., Alberta and Saskatchewan in 2013 and received little feedback, but recently began rolling it out across the rest of the chain, Langdon said.

Haligonian movie-goer Mark Crosby wrote Metro about the change after he noticed his regu-



We've reduced the ... large drink from 44 ounces to 32.

Michael Langdon,
Cineplex spokesman

lar large drink had gotten smaller. When he asked what happened, he was told that change was because the theatres were "complying with Canadian law," he said.

However, there is no law in Canada about drink sizes. When he pointed that out in a complaint, Cineplex's Guest Services sent him a response saying, the company is "proactively responding to a potential legislation restricting the sales of deemed large beverage sizes."

Langdon stated that was an error. Cineplex has been preparing for the 2017 Ontario Healthy Choices Act, which will make large chains put calorie counts on their menus but not affect drink sizes, he said.

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THE BIG THING: THE R-WORD

“We are in a fragile economic environment.”

— Finance Minister Joe Oliver, July 7, 2015

② Who decides? Officially, a recession is two straight quarters of decline in gross domestic product (the total goods and services Canada produced during those three months). GDP fell 0.1 per cent in 2015's first quarter. Second-quarter results are due from Statistics Canada on Sept. 1. If they're negative, we'll be in recession.

③ Team recession A chorus from the private sector predicts tough times ahead. TD Bank argues the first half of 2015 was likely a recession, Bank of America Merrill Lynch says we appear to be in a downturn and CIBC economists say it's "a real possibility."



① Change of tone Finance Minister Joe Oliver's measured comments Tuesday stand in contrast to July 2, when he said, "We're going to see solid growth ... we don't believe there will be (a recession)." Recent months have seen tanking oil prices and the first drop in capital investment since the financial crisis. If the economy is shrinking, it could throw a wrench into the government's election promise of a balanced budget.

ROSEMARY WESTWOOD

metr_oview



To the Cosby fans who scoff at truth and consequences

This one goes out to you, the thousands of fans who packed auditoriums in Ontario last winter to watch Bill Cosby crack jokes, knowing full well he'd been accused by more than 20 women (at the time) of rape.

You gave him the benefit of the doubt, you told me. He (through a lawyer) dismissed the allegations as absurd, and that was good enough for you. He was still the iconic dad who could do no wrong.

Unless, by wrong, you mean purchasing the sedative Quaalude to give to women he wanted to have sex with. Cosby, under oath in 2005, admitted to doing just that, according to court documents newly obtained by the Associated Press. During that lawsuit, which was eventually settled out of court, he said he also gave one woman three half-pills of Benadryl.

Celebrity-father-figure love is blind. And that's why this revelation, as satisfying as it is for people like me, isn't really for me at all.

As I said — it's for you. You, mostly middle-aged crowd who piled into Kitchener's Centre in the Square theatre in January, months after snowballing accusations caused Netflix and NBC to cancel planned Cosby shows, amid a comedy tour collapsing under a slew of cancelled dates. I watched you from the press rows as you applauded

Cosby's trademark antics, warm in your seats while protesters shouted in the cold outside.

Later that week, in London, Ont., he told a woman in the audience to be careful drinking around him.

"Ha ha ha!" you laughed.

Cosby, in sweaters knitted like a tangle of Technicolor snakes, had cradled you into adulthood with his quirky, principled parenting on The Cosby Show.

But do you recall Season 5, Episode 12? It's the one called "Truth or Consequences." In it, Cosby gives his daughter Vanessa and her boyfriend a stern talking-to after Vanessa lies to her parents about seeing him (she says she's doing homework).

The moral of the episode is twofold.

One, don't fall into the "abyss of untruth," to quote Clair Huxtable. That, in real-life terms, might look something like repeated denials that you ply women with drugs, when the truth is, you do.

Two, don't aid others in lies of their own. And that, in real-life terms, might look something like paying to see a comic who overwhelming evidence suggests is a rapist, so he can parade on stage and keep raking in money, truth be damned — and consequences.

Make your patriot love truer: Read TRC report

Last week, 34,000 people endured thunderstorms to celebrate Canada Day on Parliament Hill, where Prime Minister Stephen Harper told them, "A little bit of bad weather is never going to keep Canadians down." He said to the crowd, "We are a kind and generous society. No better place in the world than this country ... more confident, more prosperous, more united than ever — the best country in the world!"

In the 18th century, Dr. Samuel Johnson described patriotism as "the last refuge of a scoundrel."

He meant not to disparage all patriots, but to note that, lacking other supports for their positions, people arguing in bad faith often rely on easy appeals to love of country.

Harper may have been right about some of the points he made that rainy day. But it was strange to hear such unchecked pronouncements a scant kilometre from the

Delta Ottawa, where the Truth and Reconciliation Commission of Canada recently wrapped up its six years of investigation into what it called cultural genocide in the Indian Residential Schools.

Those of us who were present to hear statements at the TRC's Survivors' Sharing Circle have been shown a far more complicated and tragic understanding of Canadian nationhood than tends to be presented in celebratory political speeches.

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands. If it is a great country, that greatness has frequently been used to prevent discussion of the more painful aspects of our history.

And yet the realities of residential schools are now laid out in clear type, for all those who wish to know what our ancestors and their governments did to destroy indigenous communities.

expressing that love however they wish. But I believe those attached to this nation should face the evidence of the atrocities it was responsible for. So they may better understand the place they come from and love, may better love it in spite of its faults, and may better, as citizens, act upon what they learn from the truths told to the TRC.

I don't intend to discourage people who love Canada from feeling how they do and

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands.

Jesse Staniforth is a reporter for the Nation magazine, serving the Cree Nation of Eeyou Istchee in northern Quebec. Follow him on Twitter @JBS_nation.

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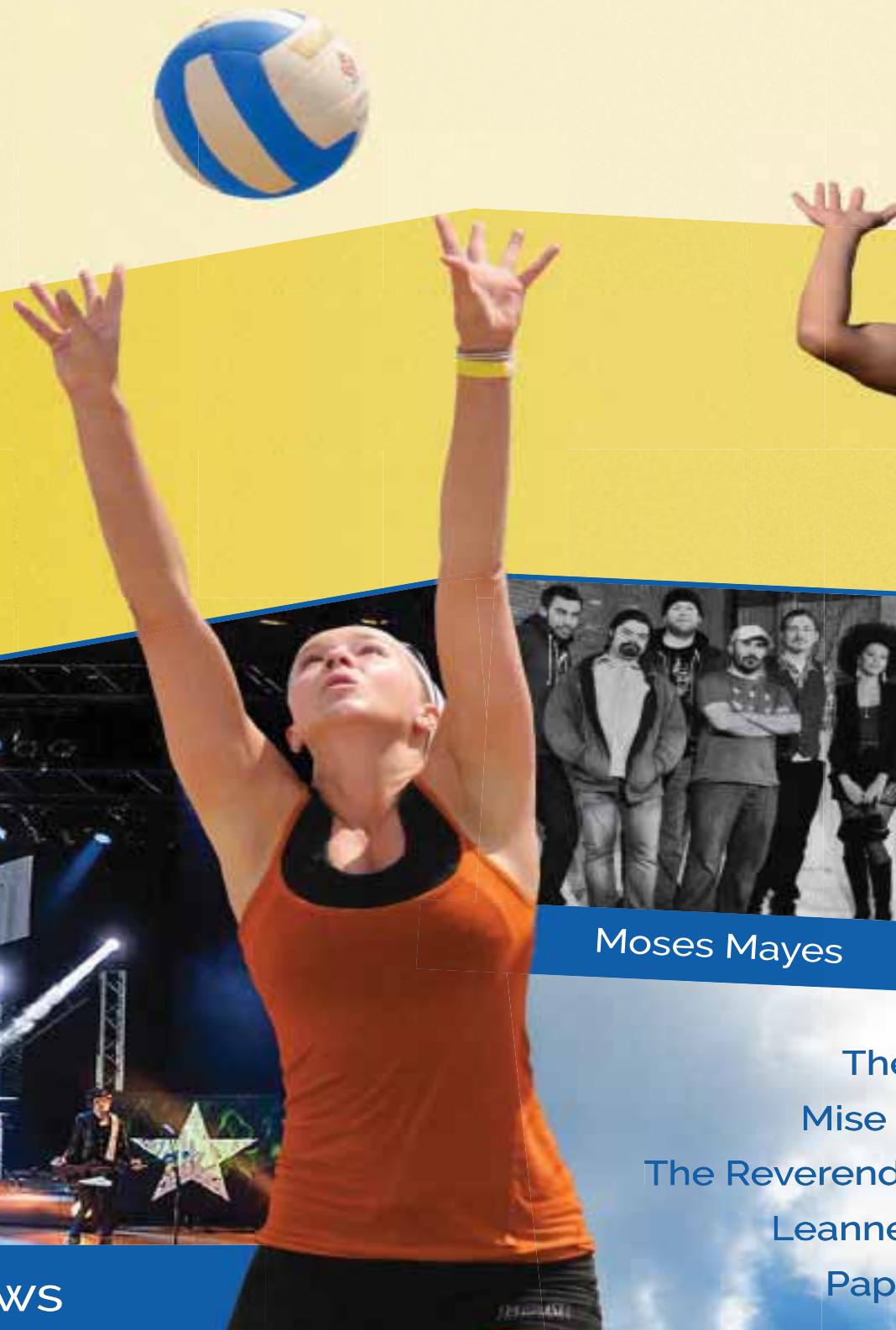
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A recreation of Michelangelo's Sistine Chapel ceiling opens Friday in Montreal

5

FOOD TRENDS SWEET, BOOZY, CRISP OR PLAIN NUTTY

Chips made of broccoli. Maple water. Wine-spiked ice cream. Popcorn that didn't quite fulfil its destiny. These are some alternate-universe products at the recent Fancy Food Show in New York that could signal coming trends. Here are five potential foods of the future exhibitors were showing off

THE ASSOCIATED PRESS



1 Sexy snacks

Holding a bag of chips with the word "Sexy" in big letters can cure shyness. At least that's what Sexy snacks founder Robert Ehrlich told visitors to his booth. "When you hold a bag, you are sort of empowering yourself," he says.

The most notable aspects of the snacks may be the name and Ehrlich, whose claim to fame is his founding of Pirate's Booty, says the snacks are a way for people to brand themselves, as they might with sneakers

or handbags. The popcorn comes in flavours like Bangin' Cheddar and Brazilian Coconut, and the chips come in flavours including Spinach & Matcha Tea.

2 Broccoli Bites

A prevalent theme was snacks made from unusual ingredients; think bags of roasted chickpeas, cheese puffs made out of beans, and chips made out of seaweed.

Another example was Broccoli Bites from Rhythm Foods. Before they're dehydrated, the broccoli is tossed in a dressing made with seeds, herbs and spices to add flavour and prevent crumpling. Each 1.5-ounce bag has 150 calories.

Even though kale has surged in popularity in recent years, Rhythm Foods CEO Scott Jensen said he expects the broccoli snacks to be a lot easier to sell to buyers. And he's already working on the next vegetable snack: cauliflower.



3 Wine ice cream

Instead of a glass, this wine can be served in a cone.

Mercer's, a dairy in upstate New York, was offering tastes of its "wine ice cream," which has up to five per cent alcohol. The ice creams come in eight flavours including Strawberry Sparkling and Chocolate Cabernet.

Roxaina Hurlburt, a co-owner of Mercer's, said the dairy has been making traditional ice cream for 60 years and started packaging the wine ice cream in 2008. She said it's sold online and in about 200 locations around the U.S., including places like casinos and wineries. It's also sold in Montreal.



4 Half-popped kernels

Do you think those half-popped kernels at the bottom of the popcorn bag are the best part? Now two companies are selling bags of just those bits.

HalfPops and Pop'd Kerns offer the snacks in different flavours, with a one-ounce serving containing between 130 and 160 calories, depending on the flavour.

HalfPops, based in Bellevue, Wash., says it uses a proprietary process to cook the kernels. Six-ounce bags of HalfPops are available online and at about 2,000 U.S. locations, including some Whole Foods and Wegman's, said Mike Watts, the company's vice-president of marketing.



5 Maple water

Is maple water the next coconut water? Drink Maple sells bottles of maple water it says is tapped from maple trees.

It's the same stuff that's boiled down into maple syrup. The clear liquid has the consistency of water and a lightly sweetened taste, with a 12-ounce bottle labelled as having 30 calories and seven grams of sugar.

The product also seems to hit on all the prevailing dietary trends: The company's website notes maple water is "low calorie, gluten-free, dairy-free and non-GMO." It also says "no trees are harmed" in the collection process.

Canadian brands, tapped in Ontario and Quebec, can be found in some local Whole Foods and small health-food stores.



EATING LOCAL

Automat 2.0: Self-serve stores bring the farm to customers



Delivery man Michael Luminau puts greens in automat boxes in Paris on July 2. MICHAEL EULER/THE ASSOCIATED PRESS

Diners in Paris are flashing back — and forward — to the era of the automat, but this time with a nod to organic farming.

A precursor to the era of fast food, automat eateries served hundreds of thousands of customers a day throughout the mid-20th century, allowing on-the-go diners to pick hot dishes from coin-operated metal lockers. Today, entrepreneurs in France and Scotland are appropriating the concept that once symbolized modernity to help customers get back to the land. Their automats offer

not burgers and fries, but fresh and local produce and other ingredients.

Joseph Petit employs no staff at his two Paris stores. Both called Au Bout du Champ — "at the end of the field" — the small spaces are stacked with metal cubbies containing just-picked strawberries, hours-old eggs, and neat bunches of carrots or spring onions, depending on the season. Customers simply choose the box that contains the food they want to buy, then pay at a console which then opens the appro-

priate door.

It's a system, Petit said, that brings fresh food to urban areas where few other options exist, while also supporting local, small-scale agriculture.

"We have some of the best farmers in the world," the 31-year-old Parisian said outside one of his two shops. "But unfortunately, we consume many of our products from abroad. They aren't necessarily the best, they aren't necessarily fresh, and we don't really know who cultivated them."

Petit maintains direct rela-

tionships with the half-dozen or so producers he buys from; the suppliers vary according to the season. The farmers cultivate a variety of vegetables, fruits, mushrooms and herbs, in addition to eggs and juice. All of them work within 100 kilometres of Paris, and Petit and his colleagues go to collect the fresh harvest every day for delivery.

Petit said he maintains competitive prices by employing no staff, instead relying on customers to operate the automats themselves. THE ASSOCIATED PRESS

GREEK CUISINE

'Eat like a Greek' with these simple Mediterranean delicacies

WORD OF MOUTH

Theresa Albert
myfriendinfood.com

The world's eyes are on Greece right now and so, too, our stomachs. We truly are a global village as we share our air, our climate and our economies. One way to support a country is to invest in or buy their exports. But that could just be my tummies talking.

Here are some excellent foods and flavours that come out of Greece:

An olive to know, love and devour
Greece produces some of the world's best olive oils from groves that are 500 to 1,500 years old. This means a root system that — like Greek culture — is steeped in terroir,

TORSTAR NEWS SERVICE



The Kalamata olive is often recognized as the official Greek olive, and is distinct in taste and appearance from most green and black olives. While Kalamata olives are high in sodium, they are also rich in healthy fats. ISTOCK

history and love.

Kalamata olives have a protected designation of origin

(PDO) title. This means that if it says Kalamata, it has to have been produced in Kalamata, Greece. This olive is the deep purple almond-shaped olive of intense juicy flavour, which develops on the tree as it must be picked ripe. Not to be confused with black olives, which can be of any variety and have a wide range of sizes, shapes and flavours.

Things can only get feta

Greek feta is made

with a combination of goat's and sheep's milk cheese, which gives it a creamier texture than the cow's milk feta. It is brined in salt water for up to a couple of months. The more aged, the more firm the texture.

Come on people now, smile on your Greek brother. Do your bit and have a souvlaki cookout, Opa!

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



Big Gay Ice Cream has bright future

START-UP

Owners find success with good humour, unusual tastes

Concert bassoonist Douglas Quint needed a summer break from his PhD studies in music and was casting about for something unusual to do.

He decided to drive an ice-cream truck.

Hip-hop flutist Andrea Fisher, a friend from the Juilliard School, was already driving one and the New York Times had written a story about her. When the truck's owner said she could recruit more drivers, she put out a casting call on Facebook.

Quint signed up and would go on to launch his Big Gay Ice Cream business with partner Bryan Petroff.

Though he was close to completing his doctorate he'd become disillusioned.

"I thought, 'Why would I teach people how to play the bassoon when it's such a narrow



Bryan Petroff, left, and Douglas Quint co-own Big Gay Ice Cream, which started out in 2009 as a mobile truck selling soft-serve ice cream with unique toppings. THE CANADIAN PRESS

career opportunity and there's no work?'"

Petroff suggested sprucing up the ice-cream truck menu to go beyond old-style sprinkles and dips.

"Why hadn't anyone taken an ice-cream truck and moved it into what desserts are now?" said Petroff, who was working as a meeting and event planner.

They shopped for unusual topping ingredients, whipped inexpensive store-bought ice cream to mimic soft-serve, and invited friends to tasting parties.

First on the menu was olive oil and sea salt.

"Then we added dulce de leche and ginger syrup and curries and different things, wasabi, they all became our first season's menu," said Petroff.

Today, the food truck is no more, but the soft-serve tradition carries on in two bricks-and-mortar locations in New York and one in Philadelphia. There are plans to open a shop in L.A. THE CANADIAN PRESS

WINE

Rosé is wiser than you think

LIQUID ASSETS

Peter Rockwell
@therealwineguy



When you're a White Zinfandel, it's not easy being pink.

Though one of the best-selling wine styles in Canada, White Zin can't escape its reputation for simplistic flavours that often lean too far into gummy sweetness.

However, sales of more classically formed rosés are on an upswing across the country — especially those made locally.

Sutter Home's 2014 White Zinfandel (\$9.05 - \$12.49) is the original. The idea that a refreshing, pink wine could be created if red juice saw less skin contact was conceived at the winery back in the 1970s.

Berry-bright with a drier finish than most, Sutter Home's version is a perfect back deck mate on a hot day — especially if you pour it over ice.



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Hyundai puts accent on value



JIL MCINTOSH/FOR METRO

THE CHECKLIST | 2015 HYUNDAI ACCENT HATCHBACK

THE BASICS

Type. Four-door, five-passenger subcompact hatchback.

Engine (hp). 1.6-litre four-cylinder (138).

Transmission. Six-speed manual or six-speed automatic.

Price. \$13,599 (base), \$19,549 (as-tested), plus destination.

POINTS

The engine uses direct injection, a performance-and efficiency-enhancing technology usually found on pricier cars.

Despite this, the Accent's published fuel consumption is slightly higher than most of its competition.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Active ECO system.
- Standard air conditioning.
- Available LED running lights.
- Available heated front seats.
- Driver's auto up/down window.
- Six airbags.
- CD stereo with USB connector.

MARKET POSITION

While the Accent's driving performance is on par with many of its competitors, Hyundai adds as many higher-end features as possible, and includes a comprehensive warranty of five years or 100,000 km that covers almost everything.

THE COMPETITION



Kia Rio5
Base price: \$14,495



Ford Fiesta
Base price: \$16,349



Nissan Versa Note
Base price: \$14,298

REVIEW

Car delivers decent ride and content for its price

Jil McIntosh
For Metro

When I was a young driver — and I won't admit how long ago that was! — an entry-level car was a cheap car, with a tinny feel and few options.

That's seldom the case anymore, at least judging by my Hyundai Accent tester. This company was among the first to stuff in as many items as possible while keeping the price low, and while some other automakers have caught up with that, the Accent remains a solid, good-looking little car.

All Accents use a 1.6-litre four-cylinder engine that makes 138 horsepower. A six-speed manual transmission is available on most trim lines, while the mid-range GL and top-line GLS can also be optioned with a six-speed automatic transmission.

The Accent comes as a sedan, starting at \$13,249, but I prefer the hatchback, which begins at \$13,599 and goes up to \$19,549 for the GLS with automatic transmission.

It's not the most exciting car to drive ... but it gets the job done

It's not the most exciting car to drive — the Mazda2 and Ford Fiesta are far sportier, for example — but it gets the job done, handling curves efficiently and with a smooth ride that's quiet over all but the very worst bumps.

All trim lines include air conditioning, which is an important consideration when you're price shopping: not all manufacturers include it in their rock-bottom stickers, and you may have to move up to a much pricier trim line to get it. The top-line Accent GLS includes such items as alloy wheels, automatic headlamps, heated seats, satellite radio, and a power sunroof.

The cabin is handsome, and the controls are simple and easy to use. Front-seat comfort

is pretty good for an economy car, but the rear chairs are hard and flat. Rear-seat legroom is actually pretty good for a car this size, especially since there's enough space to slip your feet forward under the front seats.

Visibility could be a bit better out of that narrow rear window (a backup camera isn't available), and the deep cargo well accommodates tall items but also makes for a longer reach to lift your groceries out.

Still, overall, the Accent stays true to its roots: a decent little car for what it costs.

SECURITY

Smart car thieves can take your identity, too

Vehicle thefts may be falling in the U.S. and the U.K., but the emergence of a new generation of smarter car has also seen with it the emergence of an equally smart car thief.

"The FBI reports in its 2013 Uniform Crime Report that a vehicle is stolen every 45.1 seconds in the United States, which amounts to more than \$4.1 billion in lost assets each year," said Patrick Clancy, vice-president of law enforcement of Lofack Corporation, a company that develops anti-

theft and tracking devices for vehicles. "With only 54.8 per cent of stolen vehicles being recovered, auto theft is still a serious problem and we are now dealing with a more advanced, sophisticated thief. These individuals are increasingly creative, connected and dangerous in their approaches to steal your valuable assets."

Greater consequence

Thieves are increasingly targeting the most expensive, and therefore most connected

cars on the road. And when a 'smart' car is taken, it's not just the owner's personal mobility that is compromised.

"The impact that today's connected vehicle thieves have on the individuals and businesses that fall victim to them is much greater," said Clancy.

Cars connect with our smartphones and therefore are an extension of our digital lives, meaning that as well as vehicle theft, drivers run the risk of identity theft, too.

In recent years, the trad-

itional methods, techniques and mindset towards auto theft has evolved," Clancy said. "Today, our vehicles hold critical information, such as our phone contacts, registration and insurance details, even the address and directions to our home."

In October, Jaguar Land Rover made headlines because thieves had found a way of replicating a Range Rover's smart key and simply opening the car and driving away.

There have also been a

number of scare stories in the media in recent months about hacking a car and taking over its controls. However, initial investigations into smart-car hacking show that although it is possible on some models, it is too time consuming, complicated and costly to be worth the effort.

Security tips

However, regardless of a car's connectivity, consumers can take simple steps to mitigate the risks. For instance:

- Don't leave personal documents or paperwork relating to the car in the cabin.
- Likewise don't leave a smartphone, tablet or sat-nav system in the car when it's parked.
- For extra security, try to avoid on-street parking bays and plump for secure parking structures instead.

Connected cars might offer a greater appeal to car thieves, but that connectivity also means stolen vehicles are more likely to be located and returned again. AFP

ESSO 67-X

An icon of Canadian car culture

AUTO PILOT**Mike Goetz**

Just like the country it was built to celebrate, the custom car known as the Esso 67-X is big, bold and beautiful.

Back in 1967, Canada was gripped in centennial fever. Everything was about celebrating or marking the 100th anniversary of Canadian federation.

For its part, Imperial Oil and its Esso brand of gas stations, rolled out a promotional contest called Roadshow 67. To enter, you had to collect five different "travel tips" only available at Esso dealers.

The four winners of the contest each received a fabulous Esso 67-X, complete with insurance, and extra warranties. Winners would be awarded their cars at the big centennial party and World's Fair in Montreal, otherwise known as Expo 67.

George Barris was commissioned to design the 67-X and build four examples. Barris achieved worldwide fame as a customizer after creating "TV star cars," such as the Batmobile, the Munster Koach, and the jalopy that brought the Beverly Hillbillies into town.

Barris ended up making an additional 67-X for himself, to use as a tow car.

The basis of the 67-X is an Oldsmobile Toronado, complete with its 7-litre V8 engine, good for 385 horsepower and 480 lb.-ft. of torque.

The 67-X was billed as the

4

The number of Esso 67-X cars produced by designer and manufacturer George Barris.

“ultimate in family travel,” with emphasis on excitement, safety and comfort.

After the outrageously swoopy body, which stretches more than 20 feet in length, the most notable feature of the 67-X is the rear “lounge area,” which is essentially a small family room, circa 1967. Mom can swivel her seat around to play Monopoly with the kids on the lift-up table, and everyone can grab Twinkies from the portable picnic cooler, and groove to The Monkees on the 8-track tape player (complete with individual ear plugs).

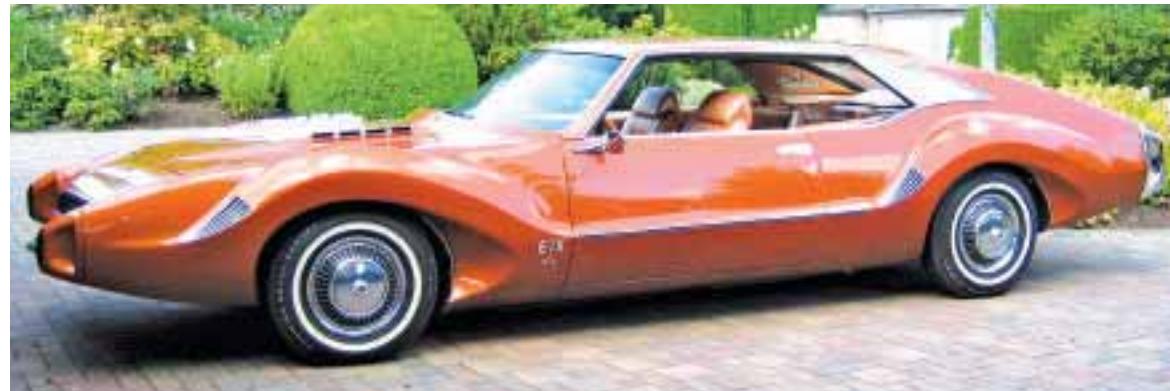
Trevor Welfen of Chilliwack, B.C., owns the only known surviving Esso 67-X. He is old enough to remember the contest. As an avid collector and customizer of cool cars, he “always wondered what happened to them.”

He heard stories, read newspaper clippings about the people that won them and subsequently sold them, searched the Internet, etc., to no avail.

Then, several years ago, when looking for another model on the website of a U.S. classic car dealer, he noticed a 67-X in the background in one of the pictures. The dealer mislabelled it as a 70-X, and that’s why it never showed up on any Google search.

“As soon as I saw it, I just wanted to get it back here ... I didn’t care what shape it was in.”

By “back here” Trevor means Canada, where he believes this super rare and super cool example of Canadian car culture belongs.



The Esso 67-X is more than 20 feet in length and weighs in at two tonnes of pure Canadian custom car glory. TREVOR WELFEN



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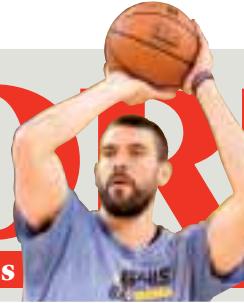


In this promotional shot, a mom and her kids spend quality time in the 'lounge area' of the Esso 67-X. PHOTO VIA TREVOR WELFEN

metro SPORTS

Marc Gasol confirmed he will sign a five-year contract with the Memphis Grizzlies

Wednesday, July 8, 2015



Jays shopping arms market

MLB

Sizing up Toronto's potential short list for trades

Chicago White Sox starter Jeff Samardzija is the hottest name in Blue Jays trade buzz. Here's why, and who else might be out there to give the scuffling rotation a shot in the arm:

JEFF SAMARDZIJA, White Sox; 5-4, 4.33 ERA

The hard-throwing right-hander is free agent eligible next winter and wants to pitch for a contender. Samardzija's ERA, though, is at a career high while his 4.41 strikeout-to-walk ratio is almost half what it was a year ago. Still, he's a front-end starter who keeps the ball in the park (0.9 homers per nine innings).

Price tag: Two solid prospects.

Jays' chances: Good.



Clockwise from top left:
**Cole Hamels, Johnny Cueto,
Mat Latos, Scott Kazmir.**

GETTY IMAGES

for this season and that same amount for the next three.

Price tag: One or two top prospects.

Jays' chances: Bidding war and salary will likely knock the Jays out of contention.

JOHNNY CUETO, Reds; 5-5, 2.84 ERA

Lots of talk about the Jays shooting for Cueto, a high-end starter, plus super closer Aroldis Chapman from the Reds, but that's fantasy. Cueto alone would be a huge addition with much less financial risk than Hamels — about \$5 million left and free-agent eligible after this season. Coming off a career year — 243 innings, 242 strikeouts, just 169 hits allowed — but was on the DL three times in 2013. The AL West-leading Astros, Yankees and maybe the Royals are in the mix here as well.



Despite less-than-stellar statistics with the White Sox this season, Jeff Samardzija is rumoured to be a top trade target for the Blue Jays. MIKE MCGINNIS/GETTY IMAGES

Price tag: Two solid pitching prospects, for starters.

Jays' chances: Decent, if they're willing to part with enough young talent.

MAT LATOS, Marlins; 3-6, 4.90 ERA

A second or third starter who has won 14 games three times but is having an off year. Not a

big strikeout guy (6.5 per nine innings) but hasn't finished with an ERA higher than 3.50 since his rookie year. The Jays were linked to him two years ago.

Price tag: For comparison's sake, the Marlins gave up ex-Jays prospect Anthony DeSclafani and Chad Wallach to get him. He makes \$8.4 million

this season.

Jays' chances: Slim, but a decent Plan B if top starters go elsewhere.

SCOTT KAZMIR, A's; 5-5, 2.56 ERA

Oakland is deciding whether to buy or sell on Kazmir, closer Tyler Clippard and utilityman Ben Zobrist. Kazmir, an all-star

in 2014 and off to another good start, is the most likely to be moved but has said he hopes to stay in Oakland.

Price tag: One young major-league ready player.

Jays' chances: Toronto and Oakland are frequent trading partners and Kazmir could help a lot, so the Jays have a shot.

TORSTAR NEWS SERVICE

IN BRIEF

Blues sign Tarasenko to long-term deal

The St. Louis Blues say they have signed star forward Vladimir Tarasenko to an eight-year, \$60-million contract.

GM Doug Armstrong announced the move Tuesday, locking up the 23-year-old after a season in which he made his first career all-star game and was 10th in the NHL with 73 points, including 37 goals. He was the youngest Blues player with a 30-goal season since Brendan Shanahan in 1991-92.

THE ASSOCIATED PRESS

Women's World Cup champs begin party on home turf

The home celebrations got underway for the World Cup-winning U.S. women's national team Tuesday.

The Americans were welcomed to downtown Los Angeles by an estimated crowd of 10,000 cheering fans at a rally in the first stop on a victory tour.

"It feels great to wake up as a world champion, and that feeling won't ever get old," Carli Lloyd said as she looked out over the cheering mob of fans.

THE ASSOCIATED PRESS

Serena sets up semifinal showdown vs. Sharapova

Serena Williams' latest Grand Slam match against Victoria Azarenka ended the same way as the previous nine — with Williams walking off as the winner.

The top-ranked Williams fought back from a set down Tuesday to beat Azarenka 3-6, 6-2, 6-3 on Centre Court to reach the Wimbledon semifinals and keep her bid alive for a fourth straight major title — a "Serena Slam."

Williams' next opponent will be Maria Sharapova.

THE ASSOCIATED PRESS

CFL

Tiger-Cats' Tracy fined for helmet-to-helmet hit on Willy

LOW BLOCK

The league also fined Roughriders offensive lineman Chris Best for delivering a low block from behind on Argos defensive lineman Cleyon Laing.

and leading with the crown of his helmet, making it the main point of contact as he hit an opponent."

"Tracy had a responsibility to avoid lowering his head and hitting his opponent with it," CFL commissioner Jeffrey Orridge said. "Leading with your head, and using it as the main point of contact, is illegal."

"It is a dangerous and unnecessary manoeuvre that puts both the tackler and his opponent at serious risk of injury. It is standard we must uphold as we strive to protect player health and safety."

THE CANADIAN PRESS

RECIPE Thai Quinoa Salad**EAT LIGHT AT HOME**

Rose Reisman
rosereisman.com
@rosereisman

The crunchy delicate taste of quinoa goes well with this Asian-infused salad. Serves 6.

Ready in

Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1 cup quinoa
- 1 1/2 cups chicken stock
- 3/4 cup thinly sliced carrots
- 3/4 cup thinly sliced red bell pepper
- 1/4 cup chopped cilantro
- 1/3 cup sliced green onion
- Dressing
- 2 Tbsp peanut butter
- 1 1/2 Tbsp lemon juice
- 4 tsp soy sauce
- 1 Tbsp honey
- 1 1/2 tsp sesame oil

- 2 tsp water
- Garnish
- 1/3 cup chopped toasted cashews

Directions

1. Bring quinoa and stock to a boil. Cover and simmer on lowest heat for 15 minutes until cooked. Place in serving bowl to cool.
2. Add remaining ingredients to quinoa, except for dressing.
3. In a small bowl, combine ingredients for dressing until smooth. Pour over cooled quinoa. Garnish with cashews.

Nutrition per serving

- Calories 210
- Carbohydrates 24g
- Fibre 3g
- Protein 8g
- Fat 10g
- Saturated Fat 2g
- Cholesterol 0mg
- Sodium 380mg

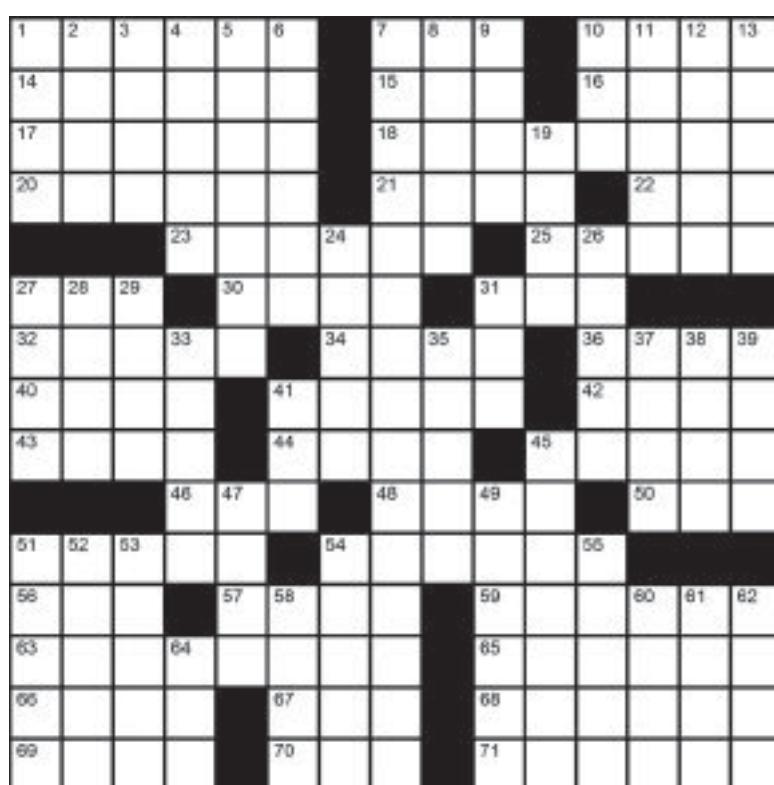
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Beach trinkets
7. Large
10. Cleveland basketballers, briefly
14. Aloha State
15. NHL's Ducks, on scoreboards
16. Old World buffalo
17. Forever, to a poet
18. Magnificent
20. Hockey great Mr. Savard's
21. Queens — (Street in Toronto's waterfront)
22. Kay's follower
23. Productivity
25. English class assignment
27. 007, e.g.
30. Peel
31. Creature in ancient Egyptian art
32. Grad parties
34. Uncertain
36. Re-work the written work
40. Kind of lily
41. Longest river of France
42. Drive-way sight
43. Equal, in Montreal
44. Space bear
45. Tell the waiter what you want
46. Median, mini-ly
48. Wednesday = Day
50. Dorothy's Auntie's namesakes

**DOWN**

1. Ladies
2. Intensely dislike
3. Pitcher
4. "Key __" (1948)
5. Causes for frustration at checkout

6. Midday break
7. 16th-century Europeans who caught cod in the Grand Banks of Newfoundland: 2 wds.
8. Opinion

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			5										8
1	3			8	2	9							
2				1		6							
1							7	4					
3	6								5				
4		3							2				
5	9	4							1	7			
7				6									

*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

Like everyone you make your share of mistakes but you are not afraid to admit it, and that fact gives you an edge. While others are still trying to deny that they messed up you will be retracing your steps.

Taurus April 21 - May 21

The only thing that matters today is that you follow your instincts and follow to the letter what your inner voice tells you. Even if the whole world says you are mad you must not change direction.

Gemini May 22 - June 21

You have done a lot of thinking in recent weeks and now it is time to put what you discovered, about yourself and about the wider world, to good use.

Cancer June 22 - July 23

Stop feeling sorry for yourself and start doing the things that will make your life more satisfying and secure. Mind planet Mercury joins the Sun in your sign today, so you will know what needs to be done.

Leo July 24 - Aug. 23

You may not understand why you feel a certain way but you must not ignore your emotions. If you want to think clearly today it will pay to shut yourself off from outside influences.

Virgo Aug. 24 - Sept. 23

You like to be helpful but you must not do other people's work for them. The planets warn that if you do just one little thing for someone today you will end up doing everything for them for the rest of the week.

Libra Sept. 24 - Oct. 23

Reach out and make contact with someone in a position of authority today. As Mercury, your ruler, crosses into the career area of your chart you clearly know what it is you want and how to get it.

Scorpio Oct. 24 - Nov. 22

You will speak from the heart today but not everyone will want to hear what you say. Some people find the truth uncomfortable and one person in particular will kick up a fuss.

Sagittarius Nov. 23 - Dec. 21

You have allowed certain issues to slide and if you don't do something about them soon it will be too late. The fact is you have relied too heavily on others to make decisions for you.

Capricorn Dec. 22 - Jan. 20

Don't keep your thoughts and feelings to yourself today because others will know in an instant what you are trying to hide. What have you got to be embarrassed about?

Aquarius Jan. 21 - Feb. 19

Something in your life is clearly not working and needs to be changed but you find it difficult to admit that. Mercury, planet of the mind, changes signs today and it will help you change your mind too.

Pisces Feb. 20 - March 20

Sticking to a rigid plan of action will limit your options and make success much harder to come by, so be flexible. Most importantly, don't set targets. Take each day as it comes.

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